

Take part in a pilates class on a boat among the waves of Portofino

Cinque Terre · Liguria · ★ **4.7** 138 reviews

- Duration: 1 h
- Up to 8 people per booking
- Flowers and nature
- Free cancellation up to 24 hours before

Between the waters of Portofino and the Ligurian promontory, this boat Pilates experience combines gentle movement, sea, and well-being in an intimate and relaxing atmosphere. Aboard a traditional gozzo boat, you will be cradled by the rhythm of the waves and the natural light of the coast.

Guided by an experienced trainer, you will participate in a gentle Pilates session accessible to all, designed to improve posture, breathing, and body awareness through fluid and harmonious movements. The experience can be enjoyed in the morning with breakfast or at sunset accompanied by an aperitif, in total tranquility between sea and nature.

An authentic moment to slow down, breathe deeply, and rediscover balance in one of the most enchanting settings of the Ligurian Riviera.

What makes this experience special

- Gentle Pilates session aboard a traditional boat
- Immersive experience between the waters of Portofino and Rapallo
- Activity guided by an experienced trainer
- Private experience for small groups of up to 4 people
- Option of morning breakfast or sunset aperitif
- Relaxing atmosphere between sea, light, and nature





